

Table 1 Summary of the study design and participant characteristics

Study Design
Randomized controlled trial
Parallel group
Blinded
Intention-to-treat analysis
Sample Size
100 per group
Total sample size = 200
Participant Characteristics
Age (mean ± SD)
67.8 ± 9.5 years
Gender (n (%))
Male 100 (50%)
Female 100 (50%)
Ethnicity (n (%))
Caucasian 180 (90%)
African American 10 (5%)
Hispanic 10 (5%)
Other 0 (0%)
Education (n (%))
<High school 10 (5%)
High school graduate 30 (15%)
Some college 40 (20%)
Bachelor's degree 40 (20%)
Master's degree 20 (10%)
PhD or higher 10 (5%)
Marital Status (n (%))
Married 100 (50%)
Widowed 30 (15%)
Divorced 30 (15%)
Single 10 (5%)
Partnered 10 (5%)
Health Insurance (n (%))
Medicare 100 (50%)
Private insurance 30 (15%)
Medicaid 30 (15%)
Uninsured 10 (5%)
Other 0 (0%)
Baseline Health Status (n (%))
No comorbidities 100 (50%)
Hypertension 30 (15%)
Diabetes 30 (15%)
Chronic kidney disease 10 (5%)
Heart failure 10 (5%)
Stroke 10 (5%)
Other chronic conditions 10 (5%)
Baseline Cognitive Function (n (%))
Mild cognitive impairment 100 (50%)
No cognitive impairment 100 (50%)

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